

JUDO
Queensland
Be your best!



JUDO EDUCATION AND DEVELOPMENT

NAGE NO KATA

“The purpose of the study of judo is to perfect yourself and to contribute to society.”

Jigoro Kano

Fridays 6:30pm-8:30pm

23 Feb 2018	Nage no kata 1st set
16 Mar 2018	Nage no kata 2nd set
6 Apr 2018	Nage no kata 3rd set
20 Apr 2018	Nage no kata 4th set
4 May 2018	Nage no kata 5th set

- ◆ Detailed explanation of Nage no Kata
- ◆ Step by step learning with practice
- ◆ Online learning materials sent to your email
- ◆ All you need to know for your next grading
- ◆ Learn how to improve your judo by practicing kata

MINIMUM REQUIREMENTS:

- ◆ CURRENT MEMBER OF JFAQ/JFA
- ◆ SENIORS: ORANGE BELT
- ◆ UNDER 16 YEARS: GREEN BELT

Instructors:

Maurice Mirabito 6th dan
Geoffrey Watson 5th dan
Paul Nelson 5th dan
Srdjan Andjelkovic 3rd dan

Venue address:

Mat fee: \$10 per session

For more information contact Serg: email: srdjan.andjelkovic@bigpond.com Mobile: 0413673927